



Culinary Rx Kit

for Neuroendocrine Tumor Patients
with Carcinoid Syndrome



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Look to the blue boxes for special tips, recipes and modications for Carcinoid Syndrome.

Look to the orange boxes for cooking tips and menu ideas.

Culinary Rx for NET Patients with Carcinoid Syndrome

Neuroendocrine Tumors (NETs) are rare cancers that arise from neuroendocrine cells throughout the body. Some secrete hormones that are associated with symptoms; the classic example is carcinoid syndrome (CS) which is associated with serotonin production (often measured as urine 5HIAA) and leads to symptoms such as diarrhea and flushing. These symptoms can often be lessened by modifying food choices and eating patterns.

Nourishing foods can have a powerful impact on your overall health. What you put on the end of your fork can empower you towards wellness and improve symptoms. Certain foods or eating habits are more likely to result in flushing, diarrhea, gas, bloating, and abdominal pain related to carcinoid syndrome.

There is no 'one size fits all' prescribed way of eating. You are an individual and the way your body reacts to food and lifestyle will be specific to you. Whole foods are the best source of nutrients. Work with your dietitian or nutritionist to tailor your diet to your needs.

Just because you need to limit or avoid certain foods, does NOT mean you are sentenced to boring, flavorless foods. We'll empower you with the tools to keep mealtimes FLAVORFUL and FUN with this specialized Culinary Rx Kit tailored to the needs of patients with CS.

**Dr. Pamela Kunz and the Stanford NET Team
with Rebecca Katz and Healing Kitchens**



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Triggers of Carcinoid Syndrome: What to Limit or Avoid

Certain foods or eating habits are more likely to result in flushing, diarrhea, gas, bloating, and abdominal pain related to carcinoid syndrome. You only need to avoid particular foods if they cause you to have symptoms. Each person is unique and you may be able to tolerate nearly all or very few of the trigger foods. Making some small changes to your diet can help prevent or mitigate CS symptoms.

Most frequently reported trigger foods or habits include:

- Eating larger meals
- Eating high fat foods
- Drinking alcohol
- Eating very spicy foods
- Eating raw tomatoes
- Eating foods with a high or moderate amount of **amines** (see next page). Foods that have moderate amounts of amines can usually be consumed in small amounts
- Eating foods high in **serotonin**, which may also trigger symptoms. (See next page).

By limiting or avoiding highly-processed foods, you'll automatically reduce many amines, added sugars and fats.

Just because you have to limit or avoid foods does not mean that you are sentenced to eating joyless and flavorless foods. We'll show you how to bring in the YUM to everyday meals while mitigating carcinoid syndrome symptoms!

Other CS resources:

carcinoid.org

oncologynutrition.org

More likely to trigger symptoms



Less likely to trigger symptoms

Foods Very High in Amines	Foods Moderate in Amines	Foods Low in Amines
Aged Cheeses—cheddar, camembert, stilton	Caffeine —coffee, cola	Fresh lean meats, poultry, fish
Alcohol—all types	Chocolate	Most vegetables
Smoked, salted or pickled fish or meats	Peanuts, coconut, brazil nuts	Fruit in moderate amounts
Yeast extracts and "hydrolyzed" proteins -like marmite, vegemite, or used for flavoring processed foods, brewer's yeast, nutritional yeast	Some pizzas, raspberries, banana, avocado	Grains, starchy foods— lower fiber or soft-cooked grains may be best tolerated
Fermented foods:—sauerkraut, shrimp paste, fish sauce, miso, soy sauce	Soy foods— tofu, tempeh and some vegetarian meat substitutes	Un-aged cheeses and other dairy—cottage cheese, ricotta, mozzarella, yogurt, cream cheese, milk
Tofu, broad beans	Fava beans	Fresh soy foods—edamame, soy milk

Foods Very High in Serotonin	Foods Moderate in Serotonin	Foods Low in Serotonin
Walnuts	Avocados	Almonds, cashews, pistachios
Pecans	Dates	Berries (strawberry, blueberry, cherries)
Plantains	Grapefruit	Apples, pears, peaches
Pineapple	Cantaloupe	Lemons, limes, oranges
Bananas	Honeydew	Carrots, cucumbers, lettuce, corn
Kiwifruit	Olives	Potatoes, rice
Plums	Eggplant	Coffee, tea, milk
Tomatoes		Beef, ham, chicken, fish

General Nutrition Tips to Help Control Carcinoid Syndrome Symptoms

- **Eat 4 to 6 smaller meals**, instead of the typical 3 larger meals. Try not to wait until you're hungry. Eat every 2 to 2.5 hours for constant energy. Pace yourself, eat slowly and you'll feel satiated.
- **Cooked vegetables** may be better-tolerated than eating raw vegetables.
- **Stay hydrated** by drinking water and other sources, such as vegetables and soups. Sip fluids throughout the day.
- **Eat a variety of foods** and you'll get most of your vitamins and minerals from food. Try for a rainbow of fruits and vegetables every day. As you cook more, you will have leftover foods, such as cooked grains, dressings and soups. You can store some in the refrigerator and freeze some for later. You'll soon have a supply of prepared foods. Stick with plants! Whenever plants are at the center of the plate -- and that includes herbs & spices -- you CANNOT lose.
- Choose a diet **higher in protein**.
- **Reduce** your **fat** intake.
- **Limit or avoid highly-processed foods**. You'll automatically reduce many added sugars, unhealthy fats, additives and coloring.
- **Test your limits** with small amounts, a quarter cup of coffee or a nibble of chocolate.
- **Keep a food diary** to help monitor what might be triggering symptoms for you. You may not have to give up a favorite food entirely such as coffee, chocolate or other potential triggers.
- **Break up cooking into its parts**: planning, shopping, prepping, cooking and cleaning. Wash and cut vegetables when you get home from the market. You'll be more likely to use them, if they're prepped and ready to go.
- **Ask family or friends to help** with shopping, prepping or cooking. Cooking with friends and family makes it easier and more fun.
- **Work with your dietitian** to meet YOUR unique nutritional needs.

Daily Nutrition for Carcinoid Syndrome

What would a full day of small meals look like?

Each of your meals should be about the same size and consist of protein and carbohydrates (vegetable, fruit and/or whole grains). See what that looks like on page 9. Please use these goals as a guide, these are not absolute.

	Daily goals	Examples
Protein	75 to 105 grams per day for a 150 pound person. Moderate to high amounts depending on what is tolerable. This might be more protein than you're used to, but eating more protein will help repair damaged tissue, support a healthy immune system and boost energy.	One serving would be about 4 ounces. Two eggs or a palm-sized portion of fish, chicken, meat, or other plant proteins. Aim for 10-15 ounces of protein each day.
Carbohydrates	5 to 10 servings of vegetables (including herbs), fruit and whole grains. Try to get 1-2 servings of fruit and 1-2 servings of grains and the remaining servings would be a variety of vegetables. When choosing whole grain products, a whole grain should be the first ingredient on the ingredient list.	One serving would be 1 cup of chopped vegetables or 2 cups of leafy greens, 1 medium fruit (about baseball size) or ½ cup chopped fruit or berries, ½ cup cooked grains or whole grain pasta or 1 slice of whole grain toast.
Water	About 2 quarts a day. If you're not a big water drinking fan, there are many other ways to increase your fluid intake during the day (See the Hydration Menu). Keep in mind that you get hydration from your food, too.	Water, soup, tea, smoothies, crunchy vegetables.



Translating the Science to the Plate™

The size of your plate, bowl and glass can make a difference.

Use smaller plates and bowls to compose your smaller meals. A larger plate may lead you to over serve and over eat. You may feel that the same portion of rice on a smaller plate will be just the right amount. The same applies to drinking glasses. If you have a larger glass, you may drink more.



8-inch plate



10-inch plate

1 cup of rice



8-ounce glass



16-ounce glass

6 ounces of juice

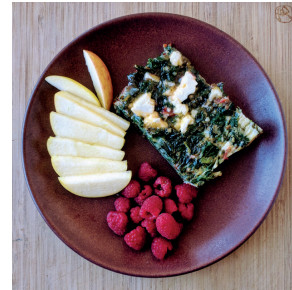
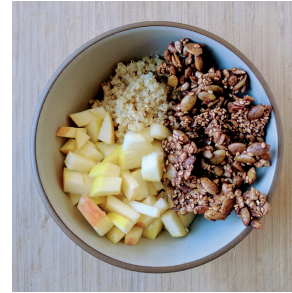
What does a small meal look like? And, how can you get all of that into 4 to 6 smaller meals?

Here's a sample day of smaller meals on an 8-inch plate or in a 2-cup bowl- all recipes provided in this Kit:

1. Quinoa Porridge (1 cup), fruit (½ cup) and Triple Triple Brittle (½ cup)
2. Power Green Soup (8 oz)
3. Triple Greens Frittata (2x3 inch slice) and fruit (½ cup)
4. Lemony Salmon Salad (½ cup), greens (1 cup) and whole grain bread (1 slice)
5. Curried Hummus (¼ cup) with Roasted Vegetables (1 cup)
6. Ginger Meatball Soup (6-8 oz of soup with 2-3 meatballs) and wilted pre-washed greens (1 cup)

Being prepared and having the components, such as pre-washed and cut produce, pre-cooked or prepared foods will make it easy to assemble smaller meals. We have created menu plans that can be made in a day and will help you establish a good base for the week.

Remember to stay hydrated. In addition to water, try some of the nutrient dense drinks in the Hydration Menu.



Basic Pantry for Carcinoid Syndrome Patients

You have the power to promote your own healing right in your kitchen! Think of your pantry, fridge and freezer as your culinary medicine chest. Having longer-lasting produce and shelf-stable staples on hand makes cooking so much faster, easier, and less stressful! Having a well-stocked pantry will also make weekly trips to the grocery quick and easy - allowing you to focus on fresh produce and meat.

SPICES

- ☐ allspice berries
- ☐ bay leaves
- ☐ black peppercorns
- ☐ cinnamon
- ☐ cloves
- ☐ coriander
- ☐ cumin
- ☐ curry powder *
- ☐ ginger
- ☐ nutmeg
- ☐ sea salt
- ☐ turmeric

* see blue box on next page

HERBS & AROMATICS

- ☐ garlic
- ☐ ginger
- ☐ onions, shallots or leeks
- ☐ lemons, limes
- ☐ parsley
- ☐ mint
- ☐ thyme
- ☐ rosemary

VEGETABLES & FRUIT

- ☐ carrots
- ☐ celery
- ☐ winter squash
- ☐ sweet potatoes
- ☐ apples
- ☐ oranges

FATS

- ☐ extra-virgin olive oil
- ☐ ghee (clarified butter)
- ☐ rice bran oil

NUTS & SEEDS

- ☐ almonds
- ☐ cashews
- ☐ pecans
- ☐ pistachios
- ☐ walnuts
- ☐ pumpkin seeds
- ☐ sesame seeds
- ☐ sunflower seeds

BEANS & LEGUMES

- ☐ black beans
- ☐ canellini beans
- ☐ chickpeas
- ☐ lentils (red & green)

GRAINS

- ☐ rice (white, brown, black, wild)
- ☐ oats (rolled or steel cut)
- ☐ quinoa
- ☐ whole grain bread or tortillas

OTHER SHELF-STABLE GOODS

- ☐ green tea
- ☐ grade A dark maple syrup
- ☐ frozen vegetables & fruit
- ☐ canned tuna and salmon
- ☐ yogurt

CS-Friendly Curry Powder

Store-bought curry powder often has cayenne pepper and mustard seed, but you can easily blend your own to use in recipes that call for it. Double, triple or quadruple this recipe, as needed!

1 teaspoon turmeric

½ teaspoon cumin

¼ teaspoon coriander

¼ teaspoon ginger

⅛ teaspoon cinnamon

⅛ teaspoon ground black pepper

Spices, herbs and aromatics are essential ingredients and the key to big flavor and nutrient density. Each is loaded with antioxidants and phytochemicals. When it comes to cooking, spices or dried herbs are added at the BEGINNING and fresh herbs go in at the END.

How to Use the Menu Plans

Our menu plans address the various side effects and needs of those with carcinoid syndrome. There are delicious and nourishing food options that are quick to make, reheat and repurpose.

Each menu is designed so you can break up cooking into its parts: Plan, Shop, Prep and Cook. We've done the planning and Shopping List, so you can quickly do the shopping. Set aside a separate time to shop and another time to cook.

Read through the Kitchen Choreography™ and recipes before you start cooking, so you know what to expect. The Kitchen Choreography™ will help you efficiently prep and will be your roadmap, so you can cook everything in one day or cook single recipes as needed throughout the week. By dividing up the cooking process in this way, it will be easier to make food in stages when you have the time and energy or to ask for help with one or more of the tasks. Make it more fun by cooking with friends or family.

Learn to balance flavors with four simple ingredients using FASS™ on page 54.

Use the recipes as a base for the week and you'll be able to assemble small meals with ease. See Quick Meal Ideas and Repurposing Leftovers (page 42) for more ways to mix and match recipes and foods.

Freeze anything you won't eat in the next 3-4 days in single serving portions. You'll be building a stash to be mixed and matched when you're short on time. See more storage tips on page 55.

Hydration Menu Plan

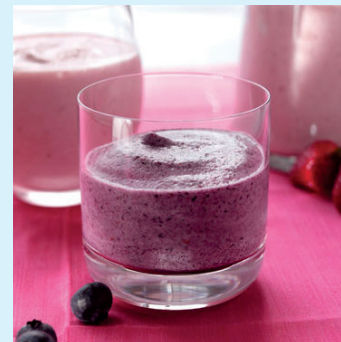
When you have CS, it's common to become dehydrated due to diarrhea. The good news is that, even if you're not a big water drinker, there are many other delicious ways to replenish your fluids and electrolytes. Stay hydrated with these nutrient-dense recipes!



Magic Mineral Broth



Cozy Roasted Vegetable Soup



Triple Berry Smoothie



Gingerale with Frozen Grapes



Green Tea Ginger Lemonade



Turmeric & Cinnamon
Masala Chai



Pomegranate Mock Mojito

Hydration Menu Shopping List

Before you go shopping, check off items you have in your pantry.

SPICES

- ☐ black peppercorns
- ☐ ground black pepper
- ☐ allspice berries
- ☐ bay leaves
- ☐ ground cinnamon
- ☐ ground ginger
- ☐ sea salt
- ☐ turmeric

HERBS

- ☐ 2 bunches flat leaf parsley
- ☐ 1 bunch mint

PRODUCE

- ☐ 9 carrots
- ☐ 3 yellow onions
- ☐ 1 leeks
- ☐ 1 bunch celery
- ☐ 4 red potatoes
- ☐ 2 Japanese sweet potatoes
- ☐ 1 garnet sweet potato
- ☐ 1-2 large parsnips
- ☐ 1 (3-pound) kabocha squash
- ☐ 1 head garlic
- ☐ 2-3 large pieces fresh ginger
- ☐ 2 lemons
- ☐ 2-3 limes
- ☐ 1 orange
- ☐ seedless green grapes (~1 cup)

OTHER

- ☐ plain yogurt
- ☐ frozen strawberries, blueberries and blackberries or a mix
- ☐ ground flaxseeds (optional)
- ☐ almond milk or other favorite milk
- ☐ seltzer water
- ☐ pomegranate juice
- ☐ green tea sachets
- ☐ honey
- ☐ grade A dark maple syrup
- ☐ extra-virgin olive oil
- ☐ 2 pounds chicken bones or wings (OPTIONAL if making Chicken Magic Mineral Broth - page 17)

Kitchen Choreography™ for the Hydration Menu

Follow this plan to make all the recipes in the Hydration Menu Plan in one day or prep everything, so you can quickly assemble a recipe when you need it.

- ☐ Use the Shopping List as a guide to pull out all the ingredients you'll use for this menu plan. Also, pull out your equipment & storage containers.
- ☐ If you haven't already, put the grapes into a zip-top baggie or container and into the freezer.
- ☐ Wash & roughly chop the vegetables for Magic Mineral Broth (MMB - page 17). Add the water and bring to a simmer, partially covered, for 2 to 4 hours.
- ☐ Pre-heat the oven to 400°. Chop the vegetables for the Cozy Roasted Vegetable Soup (page 18), then prep them with the olive oil. Bake for 40 minutes. Set a timer.
- ☐ Wash & slice all the ginger you'll need for the Ginger Syrup (page 20). Add the water and bring to a low simmer, uncovered, for about an hour. Tidy up!
- ☐ Meanwhile, make the Triple Berry Smoothie (page 19) and store it in the refrigerator for up to 3-4 days. Alternatively, store it in the freezer in single serving sizes, then move to the refrigerator the night before you need it.
- ☐ Check the Ginger Syrup. When reduced by half, strain it into a jar and stir in the honey and lemon juice. Allow to cool before storing in the refrigerator. Freeze in ice cube trays to have any easy to use portions. Now you can make any of the ginger drinks (pages 20-21) at a moments notice.

- ☐ Make a cup of Turmeric and Cinnamon Masala Chai (page 19). This recipe can be made cold, then stored in a jar to reheat later. Double or triple the recipe and make it a part of your daily routine.
- ☐ Check the vegetables in the oven. If tender, remove and allow to cool a bit. Tidy up!
- ☐ Remove the MMB from the heat and allow to cool before straining it into containers. Allow to cool completely before storing in the refrigerator or freezer.
- ☐ Finally, finish the soup. In batches, blend the roasted vegetables and MMB. Allow to cool completely before storing in the refrigerator or freezer.

It's easy to stay hydrated if you always have delicious drinks available, accessible and ready to consume.

Make double batches of your favorite drinks and store in the refrigerator in a pitcher or single serving jars.

Always keep an insulated tumbler or cup nearby with hot tea, broth or cold smoothie or other drink.

Freeze smoothies, teas or juice in popsicle molds for a frozen treat.





Magic Mineral Broth™ is a broth that transforms to meet numerous nutritional needs. It serves as everything from a delicious sipping tea to the powerful base for more hearty soups and stews. So no matter what a person's appetite, it can provide a tremendous nutritional boost. This rejuvenating liquid, chock-full of magnesium, potassium, and sodium, allows the body to refresh and restore itself. Think of it as a tonic, designed to keep you in tip-top shape.

As a chicken or vegetable broth, be assured that this will be nourishing and healing.

Kombu, a seaweed, has been removed from the original recipe to reduce amines, which can trigger CS symptoms.

From a nutrition perspective, adding chicken bones to MMB kicks everything into overdrive. Chicken is a great source of protein, as well as niacin, which can be depleted with CS. Use these broths for soups, stews, cooking grains, or sip on a hot cup with a pinch or two of sea salt and spritz of lemon.

Magic Mineral Broth (MMB) or Chicken Magic Mineral Broth (CMMB)

Makes 6 quarts

6 unpeeled carrots
2 unpeeled yellow onions
1 leek, white and green parts
1 bunch celery, including the heart
4 unpeeled red potatoes
2 unpeeled Japanese or regular sweet potatoes
1 unpeeled sweet potato
5 unpeeled cloves garlic, halved
½ bunch fresh flat-leaf parsley
12 black peppercorns
4 whole allspice or juniper berries
2 bay leaves
8 quarts cold, filtered water
1 teaspoon sea salt

For **Chicken Magic Mineral Broth**, add:

1 chicken carcass, or 2 pounds chicken bones
or wings
1 tablespoon freshly squeezed lemon juice or
apple cider vinegar

Rinse all of the vegetables well and cut into thirds or quarters. In a 12-quart or larger stockpot, combine the vegetables, garlic, parsley, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, simmer partially covered for about 2 hours or until full flavor of vegetables can be tasted.

For **Chicken Magic Mineral Broth**, remove the cover and skim off the scum that has risen to the top. Simmer, uncovered, for at least 2 hours. Simmer until the bones begin to soften and fall apart, about 4 hours, or as long as you're willing to let it simmer away.

As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Strain the broth through a large, coarse-mesh sieve, then stir in salt to taste. Let cool to room temperature, then refrigerate overnight. Skim off as much fat as you can from the top of the broth, then portion into airtight containers and refrigerate or freeze.

If you don't have a large enough stock pot, chop all the vegetables and put half in a zip-top baggie and freeze. This will be a time saver next time you need broth.

Freeze in 2, 4 or 6-cup containers or zip-top baggies.

CMMB shortcut: See page 22.

MMB: PER SERVING: Calories: 50; Total Fat: 0 g; Carbohydrates: 11 g; Protein: 1 g; Fiber: 2 g; Sodium: 145 mg

CMMB: PER SERVING: Calories: 50; Total Fat: 1.5 g (0 g saturated, 0 g monounsaturated); Carbohydrates: 3 g; Protein: 1.2 g; Fiber: 1 g; Sodium: 144 mg

Cozy Roasted Vegetable Soup

Serves 8

3 tablespoons extra-virgin olive oil

Sea salt

1 teaspoon ground ginger

¼ teaspoon ground cinnamon

¼ teaspoon black pepper

2 cups peeled and cubed carrots (approx 3 large)

1 cup peeled and cubed parsnips

1 onion, quartered

3 cloves garlic, smashed

3 pounds kabocha squash, cut into quarters & seeded

6-8 cups MMB or store-bought vegetable broth

1 tablespoon freshly squeezed lemon juice

Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.

Combine the olive oil, ¼ teaspoon of salt, and the spices in a small bowl and stir. Put the carrots, parsnips, onions and garlic in a bowl. Drizzle with half of the olive oil mixture and toss until evenly coated.

Rub the remaining olive oil mixture into the cut sides of the squash using your hands or a pastry brush. Put the squash in the corners of the lined baking sheet and spread the carrots and parsnips in an even layer in the center of the baking sheet. Bake for 40 minutes, until tender. Let cool.

When the squash is cool enough to handle, scoop one-third of the flesh into a blender. Then add one-third of the broth and one-third of the carrots and parsnips and process until smooth, adding more liquid as needed.

Transfer to a soup pot over low heat and repeat the process two more times. Cook just until heated through. Stir in the lemon juice and ¼ teaspoon of salt. Taste; you may want to add a spritz of lemon juice or a pinch of salt.

PER SERVING: Calories: 200; Total Fat: 9 g (1.5 g saturated, 7 g monounsaturated); Carbohydrates: 29 g; Protein: 3 g; Fiber: 6 g; Sodium: 289 mg

Triple Berry Smoothie

Makes about 3½ cups

- 1 cup plain yogurt
- 1 cup water
- ¼ cup freshly squeezed orange juice
- 1 cup frozen strawberries
- 1½ cups frozen blueberries
- ½ cup frozen blackberries
- 1 tablespoon ground flaxseeds (optional)
- 1 teaspoon maple syrup

Combine all the ingredients in the pitcher of a high-speed blender. Blend until smooth. Store in the refrigerator for 2-3 days.

VARIATIONS

- For a dairy-free version, use coconut milk in place of yogurt.
- Add 1 tablespoon coconut oil for additional healthy fat.
- For more protein, add a scoop of your preferred protein powder.
- Add a handful or two of spinach leaves. You won't notice or taste it, but you can check off a serving of vegetables.
- Substitute berries for cherries or stone fruit.

PER SERVING: Calories: 145; Total Fat: 4.6 g (1.8 g saturated, 1 g monounsaturated); Carbohydrates: 24 g; Protein: 4 g; Fiber: 5 g; Sodium: 40 mg



Gingerale with Frozen Grapes

Makes about 3 cups of syrup

6 cups water
2 cups fresh ginger, unpeeled & sliced
2 tablespoons freshly squeezed lemon juice
2 tablespoons honey (optional)
Frozen seedless grapes
Sparkling water
Mint sprigs, for garnish

To make the **ginger syrup**: In a saucepan, bring the ginger and water to a boil, then simmer, covered, for 1 hour.

Uncover and continue to simmer for another 30 minutes. Strain and discard the ginger. Stir in the lemon juice and honey and let cool.

For each serving of Gingerale, add ¼ cup of the syrup, add grapes and mint, then top with sparkling water.

PER SERVING: Calories: 50; Total Fat: 0.2 g (0.1 g saturated, 0 g monounsaturated); Carbohydrates: 12 g; Protein: 0 g; Fiber: 1 g; Sodium: 5 mg

Green Tea Ginger Lemonade

Makes about 4 cups

4 cups water
2 green tea bags
1-2 tablespoons **ginger syrup**
1 tablespoon freshly squeezed lemon juice
1 to 2 teaspoons honey (optional)

Remove from the heat, add tea bags and allow to steep for 10 minutes. Remove tea bags, then stir in lemon and honey. If using ginger syrup, skip step 1 and bring water to a boil, then follow step 2, adding the syrup at step 3. Serve hot or cold.

VARIATION Replace the 2 tea bags with 1 peppermint and 1 green tea bag for a little minty freshness.

PER SERVING: Calories: 15; Total Fat: 0 g; Carbohydrates: 3 g; Protein: 0 g; Fiber: 0 g; Sodium: 0 mg

Use this **ginger syrup** for the Green Tea Ginger Lemonade and Turmeric Cinnamon Chai or any of the other ginger elixirs in *The Cancer-Fighting Kitchen Cookbook*.

Turmeric & Cinnamon Masala Chai

Makes 1 serving

1 ounce water
8 ounces unsweetened almond milk
½ teaspoon turmeric
¼ teaspoon ground cinnamon
1-2 tablespoons **ginger syrup**
Pinch of black pepper
2 teaspoons dark amber maple syrup (optional)

In a small saucepan, combine the water, almond milk, turmeric, cinnamon, ginger, and pepper. Allow the chai to gently cook over medium low heat for 2 minutes, or until small bubbles start to appear. Cover, and simmer for another 3 minutes. Turn off the heat, stir in the maple syrup, and allow the chai to sit for 5 minutes, then pour into a cup.

PER SERVING: Calories 99; Total Fat: 2.75 g (0.5 g saturated, 0.2 g monounsaturated); Carbohydrates: 18 g; Protein: 1.3 g; Fiber: 1.1 g; Sodium: 149 mg

Pomegranate Mock Mojito

Makes 2 servings

½ cup freshly squeezed lime juice
½ cup pomegranate juice
2 teaspoons honey, optional
24 sprigs spearmint or peppermint
1 cup seltzer water
Ice

Put the lime juice, pomegranate juice, and honey into a large measuring cup and stir to combine. Add the mint leaves and crush with a wooden spoon against the side of the cup. Add the mineral water and stir. Pour into two glasses filled with ice and serve immediately.

VARIATION Use cranberry juice or blueberry juice in place of the pomegranate juice.

PER SERVING: Serving Size: 1 cup; Calories: 37; Total Fat: .5 g (0 g saturated, 0 g monounsaturated); Carbohydrates: 10 g; Protein: 1 g; Fiber: 1 g; Sodium: 2 mg

Stock-Up Menu Plan

With these recipes in your refrigerator, it'll be easier to quickly assemble a small meal. Add other proteins and vegetables for variety.



Chicken Magic Mineral Broth



Power Greens Soup



Chicken Soup with
Ginger Meatballs



Quinoa with Kale
and Grapes



Stewed Seasonal Fruit and
Cashew Cream



Triple Triple Brittle

The shopping list includes ingredients for CMMB. But if you already have MMB, here's a **shortcut**:

Simmer 8 cups MMB with a chicken carcass or 1 to 2 pounds of chicken bones or wings for 2 hours. Strain and use in the recipe or sip it as a tea with a pinch of salt and spritz of lemon juice.

A shorter short cut:

Use equal parts MMB and a store-bought chicken broth.

NOTE: If you do not make broth, you need 14 cups of MMB, CMMB or other broth.

Stock-Up Menu Shopping List

Before you go shopping, check off items you have in your pantry.

SPICES

- ☐ black peppercorns
- ☐ ground black pepper
- ☐ allspice berries
- ☐ ground allspice
- ☐ bay leaves
- ☐ cumin
- ☐ coriander
- ☐ ground cinnamon
- ☐ ground ginger
- ☐ ground nutmeg
- ☐ sea salt

HERBS

- ☐ 2 bunches flat leaf parsley
- ☐ 1 bunch mint

PRODUCE

- ☐ 7 carrots
- ☐ 4 yellow onions
- ☐ 2 leeks
- ☐ 1 bunch celery
- ☐ 4 red potatoes
- ☐ 1 yukon gold potato
- ☐ 3 sweet potatoes
- ☐ 1 bunch Swiss chard
- ☐ 2 bunches kale
- ☐ 1 head garlic
- ☐ 3-inch piece of ginger
- ☐ 6 lemons
- ☐ 1 lime
- ☐ 4 large apricots (fresh or frozen)
- ☐ 1/3 cup cherries (fresh or frozen)
- ☐ 1/2 cup red grapes or raisins

NUTS & SEEDS

- ☐ 2 cups raw cashews
- ☐ 1 cup raw pumpkin seeds
- ☐ 3/4 cup raw sunflower seeds
- ☐ 1/4 cup sesame seeds (white or black)

OTHER

- ☐ 1 chicken carcasses or 2 lb wings
- ☐ apple cider vinegar or lemon
- ☐ extra-virgin olive oil
- ☐ 1 lb ground dark meat chicken or turkey
- ☐ 1 egg
- ☐ 1 1/4 cups dry quinoa or 3 cups cooked
- ☐ grade A dark maple syrup
- ☐ vanilla extract

Kitchen Choreography™ for the Stock-Up Menu

Follow this plan to make all the recipes in the Stock-Up Menu Plan in one day or prep everything, so you can assemble a recipe when you need it during the week.

- ☐ The day before you plan to cook this menu, either make the broth or defrost frozen broths for Power Green Soup and Chicken Soup with Ginger Meatballs. Use the same broth for both soups to simplify.
- ☐ Use the Shopping List as a guide to pull out all the ingredients you'll use for this menu plan.
- ☐ To the pitcher of your blender, add 2 cups cashews and 2 cups water and set aside to soak for the Cashew Cream (page 31).
- ☐ Boil the water and salt for the quinoa. Make extra for the meatballs, if needed. Once it's boiling stir in the quinoa, cover and set a timer. Set aside.
- ☐ Pre-heat the oven to 300°F.
- ☐ Meanwhile, cut up the fruit for the Stewed Fruit (page 30), then add the lemon and start to simmer. Set a timer to add the cherries and set another timer. When done, allow to cool.
- ☐ Next, combine the ingredients for the Triple Triple Brittle (page 29) and get it into the oven. Set a timer.
- ☐ Wash and chop the vegetables and herbs for the two soups and Quinoa and Kale Salad. Organize ingredients by recipe.
 - ☐ 2 onions, diced
 - ☐ 1 leek, chopped
 - ☐ 1 potato, peeled and diced
 - ☐ 5 or 6 cloves garlic, minced
 - ☐ 1 bunch chard, stemmed and torn
 - ☐ 2 bunches dino kale, stemmed and torn
 - ☐ ½ cup chopped parsley
 - ☐ ¼ cup chopped mint
 - ☐ 1 carrot, diced
 - ☐ 1 celery stalk, diced
 - ☐ 1 teaspoon grated ginger root
 - ☐ 2 lemons zested, then juiced

- ☐ Start the Power Green Soup (page 26).
- ☐ When you have a few minutes while making the soup, blend the Cashew Cream (page 31) with the remaining ingredients. Store what you'll use in a jar and put in the refrigerator. Store the remaining in the freezer.
- ☐ Rinse out the pitcher and pot, then blend the soup. Pour into jars to cool. Rinse the pot.
- ☐ Assemble the Ginger Meatballs (page 27), then tidy up and wash the counters.
- ☐ Then, make the Chicken Soup.
- ☐ Finally, assemble the Quinoa Salad (page 28).
- ☐ Allow everything to cool before storing it in the refrigerator or freezer.

MORE IDEAS FOR THIS MENU

The leftover herbs can be made into the Parsley Basil Drizzle (page 39).

Double the Ginger Meatballs and freeze them for future soups. They can be poached or baked to eat with a side of vegetables and grains as a small meal.

Double the quinoa and freeze half in useable portions.

Boil eggs for a quick and portable protein for a small meal.

Wash, prep and store extra greens in a zip-top baggie with a paper towel. These can be used in the Make-Ahead Menu or quickly sautéed. See Resources on page 56.



Power Green Soup

Serves 6

2 tablespoons extra-virgin olive oil, more for drizzling

1 yellow onion, chopped

Sea salt

1 large leek, chopped

1 Yukon gold potato, peeled and diced small

2 cloves garlic, minced

¼ teaspoon freshly ground black pepper

6 cups MMB, CMMB, or store-bought broth

1 bunch Swiss chard, stemmed and coarsely chopped

1 bunch dinosaur kale, stemmed, coarsely chopped

¼ cup loosely packed chopped fresh flat-leaf parsley

1 teaspoon lemon zest

1 tablespoon freshly squeezed lemon juice

If you don't like cold and sweet smoothies in the morning, try a warm mug of this soup. It's the perfect mini meal.

Heat the olive oil in a soup pot over medium heat, then add the onion, and ¼ teaspoon salt and sauté until the onion is golden, about 10 minutes. Add the leek and potato and sauté 3 minutes more. Add the garlic and black pepper and stir for another 30 seconds. Pour in ½ cup of the broth, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.

Add in the chard, kale, and another ¼ teaspoon salt. Stir well to combine so that the greens will wilt. Then add the remaining 5½ cups of broth and bring to a boil. Reduce the heat to medium, cover, and simmer for 5 minutes or until the greens are just tender.

In a blender, puree the soup in batches until very smooth, each time adding the cooking liquid first and then the greens. Blend the parsley into the last batch. Pour the soup back into the pot, heat gently over medium-low heat, and stir in the lemon zest and juice. Taste; you may want to add a pinch more salt.

Serve garnished with a drizzle of olive oil or a tablespoon of the Parsley Basil Drizzle. (page 37).

PER SERVING: Calories: 145; Total Fat: 5 g (1 g saturated, 4 g monounsaturated); Carbohydrates: 22 g; Protein: 4 g; Fiber: 6 g; Sodium: 439 mg

Chicken Soup with Ginger Meatballs

Serves 4

MEATBALLS

- 1 pound ground dark-meat chicken or turkey
- 2 teaspoons grated fresh ginger
- 1 teaspoon minced garlic
- ¼ cup fresh parsley, finely chopped
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 egg, beaten
- ⅓ cup cooked quinoa or rice

SOUP

- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, diced small
- Sea salt
- 1 large carrot, peeled and diced small
- 1 large celery stalk, diced small
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 8 cups CMMB, MMB or store-bought broth
- ¼ cup fresh parsley, finely chopped
- ¼ cup fresh basil, finely chopped
- 1 lime, cut into quarters, for garnish

To make the meatballs, line a sheet pan with wax paper. Combine the meatball ingredients in a bowl and mix with your hands or a spatula until well combined. Don't overwork the mixture or the meatballs will be tough. Wet the palms of your hands so the mixture doesn't stick, roll it into 1-inch balls, and place them on the prepared pan.

To make the soup, heat the olive oil in a soup pot over medium heat, then add the onion and a pinch of salt and sauté until translucent, about 4 minutes. Add the carrot, celery, garlic, ginger, and ¼ teaspoon of salt and continue sautéing for about 3 minutes.

Pour in ½ cup of the broth to deglaze the pot and cook until the liquid is reduced by half. Add the remaining 7½ cups broth and another ¼ teaspoon of salt and bring to a boil. Lower the heat to maintain a vigorous simmer, then gently transfer half of the meatballs into the simmering broth. (Refrigerate or freeze the remainder to use later.) Cover and allow the meatballs to simmer for 15 minutes.

Stir in the parsley. Serve each bowl garnished with a wedge of lime.

VARIATION: The cooked grain helps help it all together and make them lighter and fluffier. You can also omit the grain entirely. The meatballs will be a little more dense, but just as tasty.

Change it up by adding peas, baby spinach, baby arugula or finely chopped broccoli.

PER SERVING: Calories: 210; Total Fat: 7 g (1.6 g saturated, 3.4 g monounsaturated); Carbohydrates: 23 g; Protein: 15 g; Fiber: 3 g; Sodium: 380 mg

Quinoa with Kale and Grapes

Serves 4

1¼ cups quinoa*
¾ teaspoon sea salt
¼ cup freshly squeezed lemon juice
½ teaspoon cumin
¼ teaspoon coriander
½ cup extra-virgin olive oil
2 cups stemmed and finely chopped kale
¼ cup lightly packed chopped fresh mint
¼ cups lightly packed chopped parsley
1 teaspoon lemon zest
¼ cup halved red seedless grapes,
or 3 tablespoons raisins

Place the quinoa in a fine-mesh strainer and rinse well under cold running water.

In a small saucepan, bring 1½ cups of water and ½ teaspoon of the salt to a boil over high heat. Add the quinoa and cover. Decrease the heat to low and simmer for 15 to 20 minutes, stirring once halfway through, until the quinoa is just tender. Remove from the heat and allow the quinoa to rest for 10 minutes. Fluff the quinoa with a fork.

While the quinoa is cooking, whisk together the lemon juice, the remaining ¼ teaspoon of salt, cumin, coriander, and olive oil together in a large bowl. Add the kale and give it a quick massage with your hands. Add the quinoa, mint, parsley, lemon zest, and grapes and toss lightly to combine. Serve at room temperature.

PER SERVING: Calories: 281; Total Fat: 16 g (2 g saturated, 11 g monounsaturated); Carbohydrates: 32 g; Protein: 6 g; Fiber: 4 g; Sodium: 325 mg

* Set aside ⅓ cup cooked quinoa for the Ginger Meatballs on page 27. Double the amount of quinoa and use for the Quinoa Porridge (page 48). Also cooked quinoa freezes well.

Quinoa is a protein-rich pseudo grain that has a nice texture and nutty flavor. When you make quinoa, rinse it well. Quinoa is naturally coated with a bitter-tasting resin. To get rid of the resin, put the grain in a bowl of cool water, swish it around with your hand, and drain it in a fine-mesh sieve.

Triple Triple Brittle

Makes about 2 cups

1 cup raw pumpkin seeds
¾ cup raw sunflower seeds
¼ cup white or black sesame seeds
2 teaspoons ground cinnamon
1 teaspoon ground ginger
½ teaspoon ground allspice
½ teaspoon sea salt
⅓ cup Grade A Dark maple syrup
1 teaspoon vanilla extract

This is the perfect portable snack, but it's also good on top of yogurt, soup or grain salad.

For a twist, swap out the spices for 2 or 3 teaspoons of the CS-Friendly Curry Powder (page 11).

Preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper.

In a large bowl, combine the pumpkin seeds, sunflower seeds, sesame seeds, cinnamon, ginger, allspice, and salt, then add the maple syrup and vanilla and mix until well coated.

Spoon the mixture onto the prepared baking sheet and, with a spatula or a piece of parchment paper, pat and press the brittle into an even layer about ⅛ inch thick. Press out the middle so it's slightly thinner than the edges, which will help prevent the outside edges from burning.

Bake for about 30 minutes or until golden brown. Remove from the oven and allow to cool completely. As it cools it will become crispy.

Once the brittle has crisped up, break it into pieces.

PER SERVING: Serving Size: ½ cup; Calories: 140; Total Fat: 10 g (1.5 g saturated, 0 g monounsaturated); Carbohydrates: 7.5 g; Protein: 4.5 g; Fiber: 1.25 g; Sodium: 90 mg

STORAGE: To keep the brittle crispy, store in a glass container on your counter for up to 2 weeks. It can be frozen in a zip-top baggie for up to 3 months.

Warning! Sneaking a taste right out of the oven may burn your tongue. If the brittle doesn't become crispy after it has cooled, put it back in the oven and bake for 8 to 10 minutes more.

Stewed Seasonal Fruit with Cashew Cream

Makes 1¼ cups

4 large apricots, pitted and quartered
1 teaspoon freshly squeezed lemon juice
Pinch of sea salt
½ cup fresh or frozen cherries, stemmed and pitted
1 teaspoon Grade A Dark maple syrup

This fruit is warm and comforting, the perfect topping for hot cereal like the Quinoa Porridge (page 44).

Combine the apricots, lemon juice, and salt in a small saucepan over low heat and cook, stirring occasionally, until the fruit begins to soften, about 10 minutes. Stir in the cherries, cover, and cook, stirring often, until all of the fruit has softened, about 5 minutes. Remove from the heat and stir in the maple syrup. Serve hot, at room temperature, or chilled with a dollop of Cashew Cream.

VARIATIONS: Make a yogurt parfait. Let the fruit cool to room temperature, then spoon ¼ cup of plain yogurt into a glass, spoon in ¼ cup of fruit, repeat with another layer of yogurt and topped with toasted nuts or Triple Triple Brittle (page 23).

Substitute 2 cups of any seasonal fruit that is available at your local farmers' market or grocery store. Some other delicious combinations are apples with pears, strawberries with rhubarb, and nectarines or peaches with blueberries.

Cook firmer fruits first, and adjust the cooking time as needed. This recipe also works well with frozen fruit.

PER SERVING: Calories: 30; Total Fat: 0.2 g (0 g saturated, 0 g monounsaturated); Carbohydrates: 7 g; Protein: 1 g; Fiber: 1 g; Sodium: 75 mg

Cashew Cream

Makes 3½ cups

2 cups raw cashews
2 cups water
2 teaspoons freshly squeezed lemon juice or orange juice
½ teaspoon sea salt
⅛ teaspoon freshly ground nutmeg

Grind the cashews in a mini food processor or nut grinder to give them a head start in the blender. (If you have a Vitamix, you can skip this step.) Put the water in a blender, then add the lemon juice, salt, nutmeg, and cashews and blend until creamy smooth. This takes several minutes, but your taste buds will reap the rewards of your patience.

This versatile dollop can be used on soups, oats, grains, pasta or roasted fruit.

VARIATIONS: Substitute other nuts, such as almonds, pecans, pistachios, or hazelnuts.

For a variation that's similar to pesto, add 1½ cups fresh basil. This sauce is also great tossed with your favorite pasta, rice or roasted vegetables.

If you want more citrus flavor without an acidic taste, add 1 teaspoon of lemon or orange zest.

PER SERVING: 1 tablespoon Calories: 30; Total Fat: 2.2 g (0.4 g saturated, 1.2 g monounsaturated); Carbohydrates: 2 g; Protein: 1 g; Fiber: 0 g; Sodium: 20 mg



Make-Ahead Menu Plan

Flavorful, portable and full of the nutrients your body needs to heal and thrive.



Bella's Carrot, Orange & Fennel Soup



Triple Greens Frittata



Curried Hummus & Roasted Roots



Flat-Out Good Chicken



Feta, Thyme & Lemon Mini Muffins



Parsley Basil Drizzle

These recipes make a great base for small meals. Mix and match proteins with roasted vegetables, greens or cooked grains.

The Parsley Basil Drizzle is so versatile, you'll want to add a dollop to just about everything. It's great on the frittata, roasted vegetables, chicken and grains.

Make-Ahead Menu Shopping List

Before you go shopping, check off items you have in your pantry.

SPICES

- ☐ ground allspice
- ☐ ground black pepper
- ☐ cumin
- ☐ ground cinnamon
- ☐ curry powder (see page 11)
- ☐ ground ginger
- ☐ ground nutmeg
- ☐ sea salt

HERBS

- ☐ 1 bunch flat leaf parsley
- ☐ 1 bunch basil
- ☐ 1 bunch thyme (fresh or dried)
- ☐ majoram (fresh or dried)
- ☐ rosemary (fresh or dried)
- ☐ sage (fresh or ground)

PRODUCE

- ☐ 1 yellow onions
- ☐ 1 fennel bulb
- ☐ scallions
- ☐ 1 head garlic
- ☐ 2 pounds carrots
- ☐ 2 pounds root vegetables (carrots, sweet potatoes...)
- ☐ 1 red bell pepper
- ☐ 1 bunch lacinato (dino) kale
- ☐ 1 bunch Swiss chard
- ☐ 2 cups spinach
- ☐ 1 orange
- ☐ 5 lemons

NUTS & SEEDS

- ☐ 2 cups almond meal

OTHER

- ☐ 6 cups MMB, CMMB or other broth (page 17)
- ☐ Cashew Cream (page 31)
- ☐ extra-virgin olive oil
- ☐ 4 skinless, boneless chicken breasts
- ☐ 13 eggs
- ☐ baking soda
- ☐ 4 ounces feta cheese
- ☐ grade A dark maple syrup
- ☐ ¼ cup currants
- ☐ 1 (15-ounce) can garbanzo beans*
- ☐ tahini*

* You can replace these items with a 16-ounce container of plain hummus

Kitchen Choreography™ for the Make-Ahead Menu

Follow this plan to make all the recipes in the Stock-Up Menu Plan in one day or prep everything , so you can assemble a recipe when you need it during the week.

- ☐ The day before you plan to cook this menu either make the broth or defrost frozen broth for the soup.
- ☐ Use the Shopping List as a guide to pull out all the ingredients you'll use for this menu plan. Also, pull out your equipment & storage containers.
- ☐ Wash and chop the produce and organize by recipe.
 - ☐ 1 onion, diced
 - ☐ 1 fennel bulb, diced
 - ☐ carrots, 1-inch pieces
 - ☐ root vegetables, wedges or sticks
 - ☐ ½ cup red pepper, diced
 - ☐ 2 cups chopped chard
 - ☐ 2 cups spinach
 - ☐ 1 cup chopped kale
 - ☐ 6 cloved garlic minced
 - ☐ 2 scallions minced
 - ☐ 2 lemons, zested, then cut in half
 - ☐ 1 orange, zested, then cut in quarters
 - ☐ Pull out herbs and chop as needed
- ☐ Pre-heat the oven to 350°F. Make the Feta, Thyme & Lemon Almond Muffins (page 41). Set a timer.
- ☐ While the muffins are baking, make the Parsley Basil Drizzle (page 39). Tidy up.
- ☐ Turn the oven up to 375°F and make the Triple Greens Frittata (page 37). Set a timer.

- ☐ While the frittata bakes, make the Curried Hummus (page 38). Tidy up.
- ☐ Turn the oven up to 400°F, then prep the root vegetables for the Roasted Roots (page 38). Set a timer, then tidy up.
- ☐ While the roots roast, blend the rub and pound the chicken for the Flat Out Good Chicken (page 40). Refrigerate. Wipe down the counters.
- ☐ Make Bella's Carrot, Orange and Fennel Soup (page 36). While the carrots are simmering, you can pack up some of the dishes. After blending the soup, pour into jars to cool more quickly.
- ☐ You can cook the chicken now or in a day or two.
- ☐ Allow everything to cool before storing it in the refrigerator or freezer.

MORE IDEAS FOR THIS MENU

Make rice to use as a side. Freeze some in usable portions.

Use the Hummus as a spread for a sandwich or as a dollop for hard boiled eggs, the chicken or leftover quinoa.

If you have leftover greens, sauté them. A heaping pile will wilt down to a small amount making your job of consuming several servings much easier.

For more inspiration and ideas, see More Recipes and Resources on page 54.



Bella's Carrot, Orange and Fennel Soup

Serves 6

2 tablespoons extra-virgin olive oil
1 cup chopped yellow onion
1 cup chopped fennel
Sea salt
2 pounds carrots, cut into 1-inch pieces
1 teaspoon orange zest
½ teaspoon ground cumin
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice
⅛ teaspoon black pepper
6 cups MMB, CMMB or store-bought broth
1 tablespoon freshly squeezed orange juice
2 teaspoons freshly squeezed lemon juice
¼ teaspoon maple syrup
Cashew Cream (page 31), for garnish

Heat the olive oil in a soup pot over medium heat, then add the onion, fennel, and a pinch of salt and sauté until golden, about 4 minutes. Stir in the carrots, orange zest, cumin, cinnamon, allspice, black pepper, and ¼ teaspoon of salt and sauté until well combined. Pour in ½ cup of the broth and cook until the liquid is reduced by half.

Add the remaining 7½ cups broth and another ¼ teaspoon salt and cook until the carrots are tender, about 20 minutes.

In a blender, puree the soup in batches until very smooth, each time adding the cooking liquid first and then the carrot mixture. If need, add additional liquid to reach the desired thickness.

Return the soup to the pot over low heat, stir in the orange juice, lemon juice, maple syrup, and a pinch of salt, and gently reheat slowly. Taste. Does it need a squeeze of lemon, a pinch or two of salt, or a drizzle of maple syrup?

Serve garnished with a drizzle of the Cashew Cream or as is.

PER SERVING: Calories: 215; Total Fat: 5.5 g (0.8 g saturated, 3.4 g monounsaturated); Carbohydrates: 40 g; Protein: 4 g; Fiber: 10 g; Sodium: 405 mg

The pressure builds up when blending hot liquids and can blow the lid right off the blender chamber, so always place a dishtowel over the blender lid before you hit the power button to prevent spin art on your kitchen wall (and possibly burns).

Triple Greens Frittata

Serves 6

2 tablespoons extra-virgin olive oil
½ cup diced red bell pepper
Sea salt
2 cloves garlic, minced
1 cup tightly packed, finely chopped kale
2 cups tightly packed, finely chopped chard
2 cups tightly packed, finely chopped spinach
Freshly grated nutmeg
10 eggs
2 scallions, minced
2 tablespoons chopped fresh marjoram
(or ½ teaspoon dried)
1 tablespoon chopped fresh thyme
(or ¼ tsp dried)
¼ teaspoon freshly ground black pepper
2 ounces crumbled feta

Preheat the oven to 375°F. Lightly oil a 6 by 8-inch baking dish.

Heat the oil in a large skillet over medium heat. When it's shimmering, add the bell pepper and a pinch of salt and sauté for 3 minutes. Add the garlic and sauté until fragrant, another 30 seconds or so. Stir in the kale and another pinch of salt and continue to sauté for 5 minutes. Add the chard and spinach, and one more pinch of salt, sautéing until the greens are wilted and tender, about 5 minutes more. Remove from the heat and add a few gratings of nutmeg, stirring to combine.

Whisk the eggs, scallions, marjoram, thyme, ½ teaspoon of salt, and the pepper together in a large bowl. Lay the cooked greens along the bottom of the prepared dish and top them with the crumbled feta.

Pour the egg mixture over and bake until the eggs are just set, 25 to 30 minutes.

PER SERVING: Calories: 169; Total Fat: 12 g (3.5 g saturated, 6.5 g monounsaturated); Carbohydrates: 6.5 g; Protein: 8g; Fiber: 1 g; Sodium: 388 mg

Curried Hummus & Roasted Roots

Serves 6

HUMMUS

¼ cup currants

1 (15-ounce) can garbanzo beans, drained, rinsed

2 tablespoons water

2 tablespoons freshly squeezed lemon juice

1 tablespoon tahini

1 tablespoon extra-virgin olive oil

1 teaspoon CS-Friendly Curry Powder (page 11)

1 teaspoon ground ginger

½ teaspoon sea salt

Place the currants in a small bowl of hot water to soak and plump up. Combine the chickpeas, water, lemon juice, tahini, olive oil, curry powder, ginger, and salt in a food processor and process until smooth. Stir in the currants. Taste, you may want to add another pinch of salt or spritz of lemon. Transfer to a bowl or storage container.

PER SERVING: Calories: 180; Total Fat: 5.7 g (0.7 g saturated, 2.6 g monounsaturated); Carbohydrates: 27 g; Protein: 7 g; Fiber: 7 g; Sodium: 630 mg

For a time-saving trick, buy a 16-ounce container of premade hummus at the market and add curry powder, ginger, lemon juice, and currants, as above. This is a wonderful way to spice up a store-bought snack.

ROASTED ROOTS

2 pounds of root vegetables, peeled and cut into wedges or sticks

2 tablespoons extra-virgin olive oil

½ teaspoon sea salt

½ teaspoon freshly ground pepper

½ teaspoon cumin

¼ teaspoon ginger

¼ teaspoon ground cinnamon

1 tablespoon freshly squeezed lemon or orange juice

2 tablespoons chopped fresh parsley, for garnish

Preheat the oven to 400°F and line a large baking sheet with parchment paper.

In a large bowl, toss everything until evenly coated. Spread the vegetables in a single layer on the prepared pan (use two pans if necessary). Bake for 35 minutes, or until tender. Transfer to a bowl or storage container. Spritz with the lemon or orange juice and sprinkle with parsley. Serve immediately or allow to cool before storing.

PER SERVING: Calories 130 g; Total Fat: 3.7 g (0.5 g saturated, 2.8 g monounsaturated); Carbohydrates: 15.5 g; Protein: 1.7 g; Fiber: 4 g; Sodium: 145 mg

To change up the flavor profile, replace the cumin, ginger and cinnamon with the 1 tablespoon each of chopped rosemary and thyme.

Parsley Basil Drizzle

Makes ½ cup

- ¼ cup tightly packed fresh basil leaves
- ½ cup tightly packed fresh flat-leaf parsley leaves
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon water
- ¼ teaspoon sea salt
- ¼ cup extra-virgin olive oil

Combine the basil, parsley, lemon juice, water, and salt in a blender or food processor and process until finely chopped. With the motor running, slowly pour in the olive oil and continue to process until very smooth. Taste; you may want to add a another pinch of salt or spritz of lemon.

VARIATION: If Basil is not in season swap it for mint or cilantro.

PER SERVING: 1 tablespoon Calories: 60; Total Fat: 7 g (1 g saturated, 5 g monounsaturated); Carbohydrates: 1 g; Protein: 0 g; Fiber: 0 g; Sodium: 75 mg

This drizzle goes with just about anything! Try it with the Basil Broccoli (page 49), Scrambled Eggs with Kale (page 43), Lemon Salmon Salad (page 46), Flat Out Good Chicken (page 40), Baked Sweet Potato (page 45), dolloped on a hard boiled egg, fish or mixed in with plain rice.



Flat-Out Good Chicken

Serves 4

4 skinless, boneless chicken breast halves
1 tablespoon extra-virgin olive oil
4 cloves garlic, minced
1 tablespoon grated lemon zest
1 tablespoon chopped fresh thyme
1 teaspoon chopped fresh sage
(or ⅓ teaspoon dried)
1 teaspoon chopped fresh rosemary
(or ⅓ teaspoon dried)
¼ teaspoon sea salt
¼ teaspoon freshly ground black pepper
2 tablespoons finely chopped fresh parsley or
Parsley Basil Drizzle (page 39), for garnish

Working with one chicken breast at a time, put it between several layers of parchment paper and pound with a meat pounder until about ¼ inch thick. Put the pieces in a pan in which they fit without overlapping.

Put the olive oil, garlic, lemon zest, thyme, sage, rosemary, salt, and pepper in small bowl and whisk until well blended. Spread the mixture evenly over the chicken.

Cover and refrigerate for 30 to 60 minutes.

Heat a grill or grill pan to medium-high heat.

Remove the chicken from the marinade and pat dry with paper towels. Grill until firm to the touch and the juices run clear, 1 to 2 minutes on each side. Serve garnished with the parsley or the Parsley Basil Drizzle.

VARIATIONS: This recipe is a blank canvas for any number of dollops, drizzles or pestos. Use leftovers in a chicken salad (page 47) or in a salad or sandwich.

PER SERVING: Calories: 180; Total Fat: 7 g (1.5 g saturated, 4 g monounsaturated); Carbohydrates: 1.5 g; Protein: 27 g; Fiber: 0.5 g; Sodium: 165 mg

Feta, Lemon Zest, and Thyme Almond Mini Muffins

Makes 24 Mini Muffins

2 cups almond meal
½ teaspoon sea salt
¼ teaspoon freshly ground black pepper
½ teaspoon baking soda
3 large eggs
3½ tablespoons extra-virgin olive oil
1½ teaspoons lemon zest
½ tablespoon freshly squeezed lemon juice
½ tablespoon water
1½ teaspoons Grade A Dark maple syrup
2 tablespoons feta cheese
1 tablespoon minced fresh thyme
6 tablespoons finely chopped parsley

Preheat the oven to 350°F. Oil a mini muffin tin or line it with muffin papers.

In a bowl, mix together the almond meal, salt, pepper, and baking soda. In another bowl, whisk together the eggs, olive oil, lemon zest, lemon juice, water, and maple syrup. Add the wet ingredients to the dry ones and stir well to combine. Then stir in the feta, thyme, and parsley. Fill each muffin cup with about 2 tablespoons of batter.

Bake for 13 to 15 minutes, until a toothpick comes out clean.

VARIATIONS: For a sweet muffin, reduce salt to ¼ teaspoon and replace the thyme and parsley with ⅓ cup blueberries cut in half or diced strawberries. Or swap the lemon zest and juice with orange zest and juice and add 4 tablespoons of dried cranberries.

PER SERVING: Serving Size: 2 mini muffins. Calories: 173; Total Fat: 15.5 g (2 g saturated, 4 g monounsaturated); Carbohydrates: 5 g; Protein: 6 g; Fiber: 2 g; Sodium: 204 mg

STORAGE: Store in an airtight container for up to 5 days

Mini muffin tins come in a variety of sizes. We recommend using tins whose cups have a wide base, around 1½ inches in diameter. Don't despair if you can't find that exact size, as most anything will work.

To prevent the muffins from sticking to the bottom of the pan, make sure you grease the cups really, really, well. Then, after baking you must exercise patience and allow the muffins to cool completely before removing them from the tin.

Quick Meal Ideas and Repurposing Leftovers

The following recipes are quick and best when made on the fly. You can also repurpose some of the leftovers from the Stock-Up and Make-Ahead Menus. See the Cook's Notes in the orange boxes and VARIATIONS for those tips and swaps.

Here are other items to keep in stock so you can quickly make or add to a mini meal:

- Hard-boiled eggs - handy for meals on the go or to whip up into a quick Curried Egg Salad (page 47).
- Whole grain bread or tortillas to make a sandwich or burrito with Flat Out Good Chicken (page 40), Curried Hummus (page 38), or Lemony Salmon Salad (page 46)
- Pre-washed greens (spinach, arugula, chard, kale., etc) can be tossed into soups or added to a quick sauté. Buying and using pre-washed greens is not cheating!
- Pre-cut vegetables when you bring produce home, wash, cut it up and store it. You're more likely to use it if its ready to go.
- Pre-cooked grains (rice, oats, quinoa) - grains can become a quick breakfast porridge, stir-fry or salad.
- Make favorite spice blends, such as CS-Friend Curry Powder (page 11).
- Frozen vegetables or fruit are picked and frozen at their ripest. They're easily used in soups, stir-fries, compotes and more.
- Other dressings and dips can be used on salads, as a marinade, on top of proteins, soups, rice, pasta or roasted vegetables.

See page 56 for more inspiration, recipes and resources.

Scrambled Eggs with Kale

Serves 2

- 4 eggs
- ¼ teaspoon sea salt
- 1 teaspoon turmeric (optional)
- ¼ teaspoon freshly ground pepper
- 1 tablespoon water
- 2 teaspoons olive oil
- 1 cup kale, stemmed and chopped into bite-size pieces

In a medium bowl, crack the eggs, then add the salt, turmeric, pepper, and water and beat well with a whisk or a fork until the egg mixture becomes foamy.

Heat a 10-inch skillet over medium heat, then add the olive oil. When the olive oil begins to shimmer, add the egg mixture and turn down the heat to medium low. Add the eggs to the pan and cook, stirring frequently with a wooden spoon. After a minute or two, the eggs will begin to form curds. Add the greens and keep stirring continuously until the eggs are soft and shiny. Remove the mixture from the heat and serve immediately.

PER SERVING: Calories: 132; Total Fat: 10 g (2.25 g saturated, 5.2 g monounsaturated); Carbohydrates: 5.25 g; Protein: 8.2 g; Fiber: 0.1 g; Sodium: 300 mg

Keep in mind that the eggs continue to cook in the hot pan, so remove from the heat 30 seconds before you think you should to prevent overcooking.

Use any greens you have on hand in place of kale. This is great with spinach, chard or arugula. Without the eggs, this is a simple recipe for quick sautéed greens.



Triple Citrus Black Cod or Salmon

Serves 4

½ cup freshly squeezed orange juice
2 tablespoons freshly squeezed lime juice
2 tablespoons freshly squeezed lemon juice
1 tablespoon extra-virgin olive oil
Zest of 1 orange
Zest of 1 lemon
½ teaspoon minced fresh ginger
Pinch of cayenne
4 (3.5-ounce) black cod or salmon fillets, bones removed
½ teaspoon sea salt
1 teaspoon Dijon mustard, optional
¼ cup coarsely chopped fresh flat-leaf parsley or mint

In a small bowl or glass measuring cup, whisk together the orange juice, lime juice, lemon juice, olive oil, orange zest, lemon zest, ginger, and cayenne. Place the cod in a baking dish and season each piece with 1/8 teaspoon of the salt. Pour half of the orange juice mixture over the cod and turn to coat well. Cover and marinate in the refrigerator for no more than 30 minutes.

Preheat the oven to 400°F.

Remove the cod from the refrigerator, uncover, and add 2 tablespoons of water to the bottom of the dish. Bake just until the fillets are tender and an instant-read thermometer inserted into the center of each fillet registers 137°F; this will take 10 to 15 minutes, depending on the thickness of the fillets.

Meanwhile, combine the remaining orange juice mixture and the mustard in a small saucepan over medium heat and simmer until the liquid is reduced by half. Pour the reduction over the fillets, sprinkle with the parsley, and serve.

PER SERVING: Calories: 130; Total Fat: 4.3 g (0.7 g saturated, 2.6 g monounsaturated); Carbohydrates: 5 g; Protein: 18 g; Fiber: 0 g; Sodium: 370 mg

Turn this meal into fish tacos by serving with tortillas, shredded cabbage (raw or sautéed), cilantro, cashew cream and a spritz of lime.

Use your eyes and nose when shopping for fish. Look for a cut with moist, glistening flesh, with no flat, brown edges. If the fish looks dull, give it a pass. Same goes for any fillet with a fishy or ammonia smell. Don't be shy about asking your fishmonger a few questions, like when the fish came in and from where. Most stores have regular shipments; knowing that schedule in advance can help you plan when to have fish.

Baked Sweet Potato with Assorted Toppings

Serves 4

4 teaspoons olive oil or coconut oil
4 orange-fleshed sweet potatoes

Preheat the oven to 400°F and line a baking sheet with parchment paper.

Scrub the sweet potatoes well and dry them off with a clean towel. Brush the skin of each potato with 1 teaspoon of olive or coconut oil. Pierce each potato a several times with a fork. Place the potatoes on the prepared pan and bake for 45 minutes to an hour or until tender.

BASIC: Make a slit in the top of each sweet potato and add a pinch of sea salt, freshly ground pepper, with 1 tablespoon butter, ghee, coconut oil or olive oil.

ADDITIONAL TOPPING OPTIONS:

Add: 1 tablespoon chopped fresh mint, parsley, or cilantro

Add: ¼ teaspoon ground cinnamon, ½ teaspoon turmeric

Add: 2 teaspoons Triple Triple Brittle (page 29)

Add: ½ cup yogurt, 1 tablespoon chopped mint and ¼ teaspoon lemon zest

Add: ¼ cup Basil Broccoli (page 49)

Add: 1 tablespoon Cashew Cream (page 31)

Add: 1 tablespoon Parsley Basil Drizzle (page 39)

PER SERVING (FOR BASIC OPTION): Calories: 152; Total Fat: 4.75 g (0.7 g saturated, 3.7 g monounsaturated); Carbohydrates: 26 g; Protein: 2 g; Fiber: 3.9 g; Sodium: 122 mg





Lemony Salmon Salad

Serves 2

1 (7½-ounce) can boneless, skinless, sockeye salmon, drained, or leftover Triple Citrus Black Cod or Salmon (page 44)

2 teaspoons freshly squeezed lemon juice

2 teaspoons extra-virgin olive oil

Pinch of black pepper

Pinch of sea salt

3 tablespoons finely chopped celery

2 tablespoons finely chopped fresh flat-leaf parsley

Put the salmon in a bowl and break it into small pieces with a fork. Stir in the lemon juice, olive oil, pepper, salt, celery, and parsley, then taste. If needed, adjust the flavors with lemon juice and a pinch of salt.

Serve in lettuce cups (romaine or butter lettuce) or on a slice of whole grain toast or atop a salad.

VARIATIONS: Add chopped radishes and snap peas — they will not disappoint!

Shortcut: Simply combine just the salmon and celery with 2 tablespoons of the Parsley Basil Drizzle (page 39).

PER SERVING: Calories: 180; Total Fat: 8.5 g (0.7 g saturated, 3.4 g monounsaturated); Carbohydrates: 1 g; Protein: 27 g; Fiber: 0 g; Sodium: 670 mg



Curried Chicken (or Egg or Tofu) Salad

Serves 4

1½ pounds roasted chicken
1 Granny Smith apple, diced into ¼-inch pieces
¼ cup raisins or currants
¼ cup minced scallions, green part only
2 stalks celery, diced
½ cup plain Greek-style yogurt
¼ cup mayonnaise
1 tablespoon freshly squeezed lime juice
1 tablespoon CS-Friendly Curry Powder (page 11)
½ teaspoon ground ginger
½ teaspoon sea salt
6 butter lettuce leaves, washed and dried
¼ cup slivered toasted almond, for garnish
¼ cup chopped fresh parsley or cilantro, for garnish

Chop the chicken into ½-inch pieces and put them in a bowl. Stir in the apple, raisins, scallions, and celery. Separately, whisk together the yogurt, mayonnaise, lime juice, curry powder, ginger, and salt. Combine the yogurt mixture to the chicken and stir gently. Serve atop the lettuce leaves or whole grain toast, garnished with the almonds and cilantro.

VARIATION: This salad can also be made with 6 hard boiled eggs or 8 ounces of firm tofu.

PER SERVING: Calories: 300; Total Fat: 11.3 g (3.1 g saturated, 3.8 g monounsaturated); Carbohydrates: 15 g; Protein: 34 g; Fiber: 2 g; Sodium: 375 mg

Save time by using store-bought roast chicken or use leftover Flat Out Good Chicken (page 40).



Quinoa Porridge

Serves 4

2 cups cooked quinoa

¼ teaspoon sea salt

½ cup Cashew Cream (page 31)

2 tablespoons freshly squeezed orange juice

1 tablespoon maple syrup

1 teaspoon ground cinnamon

½ teaspoon ground ginger

⅛ teaspoon ground nutmeg or freshly grated nutmeg

1½ to 2 cups fresh blueberries, blackberries, raspberries

½ cup toasted coarsely chopped nuts or Triple Triple Brittle (page 29)

Reheat the quinoa with a splash of water. When you are ready to serve, stir ½ cup of the prepared cashew cream and the orange juice, maple syrup, cinnamon, ginger, and nutmeg into the cooked quinoa. Serve the quinoa in bowls, and top each serving with another dollop of the remaining cashew cream, a small handful of blueberries, and a sprinkling of toasted nuts or seeds or Triple Triple Brittle (page 29).

VARIATION: Swap quinoa with cooked rice or oats.

PER SERVING: Calories: 370; Total Fat: 24g (2.5 g saturated, 3.5 g monounsaturated); Carbohydrates: 33 g; Protein: 10 g; Fiber: 5 g; Sodium: 240 mg



Basil Broccoli

Serves 4

1 bunch of broccoli, cut into bite-sized pieces
Sea salt
2 tablespoons extra-virgin olive oil
1 tablespoon finely chopped garlic
½ cup diced red bell pepper
1 tablespoon freshly squeezed lemon juice
2 teaspoons lemon zest
¼ cup fresh basil, finely chopped

Add the lemon juice and zest just before serving, as the lemon juice will dampen the color of the broccoli if it sits for more than a few minutes.

Bring a large pot of water to a boil. . Add a pinch of salt and the broccoli florets and stems to the pot of water and blanch for 30 seconds. Drain the broccoli, then run it under cold water to stop the cooking process; this will retain its lush green color.

Heat the olive oil in a sauté pan over medium heat, then add the garlic and sauté for 30 seconds, just until aromatic. Add the bell pepper and a pinch of salt and sauté for an additional minute. Stir in the broccoli florets and ¼ teaspoon of salt and sauté for 2 minutes; the broccoli should still be firm. Stir in the lemon juice, lemon zest, and basil and serve.

VARIATIONS: Swap zucchini or hearty greens such as kale or chard for the broccoli. Or swap 2 tablespoons of the Parsley Basil Drizzle (page 39) for the fresh basil and lemon.

PER SERVING: Calories: 125; Total Fat: 7.7 g (1.1 g saturated, 5.4 g monounsaturated); Carbohydrates: 13 g; Protein: 5 g; Fiber: 5 g; Sodium: 125 mg

Chicken Roasted All the Way to Yum

Serves 6

1 (4½- to 5-pound) chicken
2 teaspoons sea salt or kosher salt
2 teaspoons black pepper
1 lemon, cut into quarters
3 gloves of garlic, peeled and smashed
2 sprigs fresh or ½ teaspoon dried rosemary
2 sprigs fresh or ½ teaspoon dried thyme
2 fresh sage leaves or ½ teaspoon dried

Preheat the oven to 400°F.

Pat the chicken dry with paper towels. Rub the chicken cavity with ½ teaspoon of salt. Combine the remaining salt and the pepper and rub half of the mixture underneath the skin and the remaining into the outside skin of the chicken.

Place 2 quarters of the lemon, garlic, and herbs into the chicken cavity.

Place the chicken on a roasting rack in a glass or ceramic baking dish, breast side up. Roast until a meat thermometer reads 160°F when inserted in the thigh and the juice from the meat runs clear, about 1 hour. Let the chicken rest for at least 10 minutes before carving. Just before serving, squeeze the remaining lemons all over the chicken and serve.

PER SERVING: Calories: 215; Total Fat: 5.1 g (1.3 g saturated, 1.5 g monounsaturated); Carbohydrates: 4 g; Protein: 35 g; Fiber: 1 g; Sodium: 715 mg

When you roast a chicken, you usually net more than one meal. Use leftover chicken in a soup or a salad. (page 47). Use the carcass for making broth. Save the chicken bones in the freezer until you have enough (about 2 pounds) to make broth.

Herby Turkey Sliders

Serves 4

¼ cup minced red onion
¼ cup finely chopped fresh basil
¼ cup finely chopped fresh parsley
1 tablespoon minced garlic
1½ teaspoons fennel seeds
1½ teaspoons dried oregano
1 teaspoon grated lemon zest
½ teaspoon sea salt
⅛ teaspoon freshly ground black pepper
1 pound ground turkey

Optional for serving:

Lettuce leaves
Sliced tomato
Sliced avocado
Whole grain buns

Put the onion, basil, parsley, garlic, fennel seeds, oregano, lemon zest, salt, and pepper in a large bowl and stir to combine. Add the turkey and gently mix with your hands or a spatula until well combined. Shape the mixture into eight 2-ounce patties or four 4-ounce patties (about the size of your palm).

Heat a grill pan to medium heat. Brush with olive oil, then put the patties on the grill and cook until browned on both sides, about 3 minutes on each side.

Cover and cook for 3 more minutes, or until an instant read thermometer registers 165°F. Alternatively, heat a skillet over medium heat. Add just enough oil to coat the skillet, then put the patties in the skillet and cook until browned on both sides, about 3 minutes on each. Decrease the heat to medium low, add 1 tablespoon of water, cover, and cook for about 3 minutes. to steam the inside about 3 more minutes.

Serve with lettuce, tomato, and avocado with or without a bun.

PER SERVING: Calories: 195; Total Fat: 10 g (2.5 g saturated, 4 g monounsaturated); Carbohydrates: 3.5 g; Protein: 23 g; Fiber: 1 g; Sodium: 274 mg

When mixing the turkey with the other ingredients, use a light hand. If you overwork the turkey, the burgers will be tough.

This is a good recipe to double and store for when you need a quick meal. Wrap individual patties in wax paper or plastic, then freeze.

For a variation to make meatballs, add a ½ cup of cooked rice to the turkey mixture and shape into meatballs. Bake at 375°F for 20 minutes or poached in simmering broth for 15-20 minutes and serve with wilted greens.

Missing Favorite Foods? Food Substitution Ideas

If you find yourself missing some of these CS trigger foods, here are a few substitution ideas.

Tomatoes

A simple romesco sauce can be made with roasted red peppers, toasted almonds, olive oil and garlic. See next page for recipe.

No-Mato sauce : www.nomato.com

Avocado

Boiled eggs, hummus or cashew cream, if tolerated, can add some of that creaminess avocados contribute.

Coffee

Green tea or an herbal coffee such as Dandy Blend or Teecino. Also see the Hydration Menu on page 12.

Nuts

Almonds, pistachios and cashews are low in serotonin and are great if you aren't having any CS symptoms. However if you're not eating any nuts, then toasted sunflower or pumpkin seeds are an excellent substitution. See Triple Triple Brittle on page 27.

Vinegars or fermented foods

Zest from an lemon or lime offer a bright, burst of flavor and the juice adds the sour flavor or acidity. Zest with a microplane.

Aged cheeses

Goat cheese or sheep feta add that umami and saltiness you're craving.

Sweets

Baking or stewing fruit brings out the natural sweetness and concentrates the flavor. Try roasting fruit, a fruit crisp made with a nut or seed you can tolerate, or a little piece of chocolate, if tolerated. See more ideas on page 54.

CS-Friendly Romesco

6 red peppers

4 tablespoons extra-virgin olive oil

¼ cup toasted pine nuts or almonds, if tolerated

1 clove garlic

¼ teaspoon sea salt

Cut the red peppers in half and remove seeds. Brush with 2 tablespoons of the olive oil and roast at 400° on a parchment lined sheet pan for 30 minutes.

Meanwhile, toast the pine nuts or almonds over medium- high heat in a dry skillet, shaking pan constantly to keep them from burning.

Remove peppers from the oven and transfer them to a bowl. Cover with a plate or foil until cool enough to handle. Remove the skin.

In the bowl of food processor, add all the ingredients and process to desired consistency. Use this sauce as you would a pesto. It's great as a spread, tossed with pasta, roasted vegetables, chicken or fish.



Enhancing Flavor with FASS™

by Rebecca Katz

Have you ever followed a recipe only to be disappointed with the results? Don't toss it out! It's just a little off balance. FASS™ To the rescue! FASS™ stands for Fat, Acid, Salt and Sweet. Olive oil represents fat, lemons are the acid, sea salt and Grade A Dark maple syrup are the preferred salt and sweet. It doesn't take a lot. Small amounts (a few drops, a pinch or an eighth of a teaspoon) will affect the taste. Understanding these components of flavor will elevate your cooking all the way to yum!

If it's too sweet, salty or flat, try a spritz of lemon. If it's too sour or bland, try a pinch of salt. If it's too bitter, try a little sweet. Taste often, salt as you cook and give it a final taste and balance with FASS™.

FAT <i>Function:</i> Distributes flavor across the palate. <i>Benefits:</i> Increases satiety. Makes foods high in fat-soluble vitamins more bioavailable. <i>Examples:</i> olive oil, ghee, cashew cream, egg	ACID <i>Function:</i> Draws out and brightens flavors. <i>Benefits:</i> Increases absorption of minerals and stimulates digestion. <i>Examples:</i> Lemons, limes, citrus	SALT <i>Function:</i> Brings out the flavor of foods. Moves flavor to the front of the tongue, where it's best perceived. <i>Benefits:</i> Improves appetite, balances ratio of potassium, essential for energy and cellular metabolism. <i>Examples:</i> Sea salt, cheese	SWEET <i>Function:</i> Tames harsh, bitter, sour, spicy flavors. Rounds out or harmonizes flavors. <i>Benefits:</i> Increases the desire to eat and the sense of pleasure. <i>Examples:</i> Grade A Dark maple syrup, honey, fruit
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FASS™ = Fat + Acid + Salt + Sweet = YUM!

Food Storage & Reheating Tips

It's worth your time to think of how you're going to store your meals once you've made them. And, be sure to think about the size of your freezer, so that you don't end up with more food than storage space!

- Build a freezer inventory of broths, cooked grains and dishes on hand in easy-to-use portions. One, two, four and 8-cup sizes are convenient and freeze well. All the recipes in this kit freeze well.
- Label all containers with the date, contents and quantity (No, you won't remember!).
- When freezing liquid (teas, broths, soups), leave ½ - 1 inch of space at the top to allow for expansion.
- We recommend glass containers over plastic for food storage. Tempered-glass containers and Mason jars can go in the pantry, refrigerator, freezer and oven.
- Use your senses. If it smells off or doesn't look right, toss it out.

Here are some general guidelines:

Refrigerator Fresh Freezer Fresh

Pre-cut fruits or vegetables -	5-7 days	up to 6 months
Cooked poultry or meat -	3-5 days	up to 3 months
Cooked fish and shellfish -	1-2 days	up to 6 months
Broths, soups & stews -	5-7 days	up to 3 months
Cooked grains, dressings, pestos	5-7 days	up to 2 months

THAWING & REHEATING TIPS

To prevent bacterial growth, thaw frozen food in the refrigerator or in cold water.

Frozen meat should always be thawed in the refrigerator, which can take up to 48 hours. If thawing meat in cold water, change the water every 30 minutes.

Speed things up, by running warm water on a frozen container to loosen the food. Then, pop the frozen food into a pot to reheat it on the stovetop. This will only work when using storage containers without a lip, such as snapware or the cardboard soup containers.

Reheat food in a stainless steel sauté pan or in a pot on the stovetop or place the food in an oven-proof dish and reheat in the oven or toaster oven.

If you decide to reheat food in the microwave, avoid reheating in plastic containers. Use glass or ceramic containers instead.

More Recipes and Resources can be found at www.rebeccakatz.com

SEARCH THE RECIPE BOX FOR:

Global Greens

My Everything Drizzle

Tart Cherry & Chocolate Crunch

Best Oatmeal Ever with Blueberry Compote

Mint and Egg Salad

Baked Chicken with Minted Chimichurri

Big Cat's Turkey Meatloaf with Not So Secret Sauce

Swiss Chard and Roasted Butternut Squash Tart

Orange Roasted Ginger Chicken

Spa Water

Hibiscus Pomegranate Cooler

Mellow Kudzu Elixir

Baked Parsnip Chips

Slow Roasted Peaches

Roasted Strawberries with Basil

Sweet Potato Bars

SEARCH THE BLOG FOR:

Magic Mineral Broth

The Importance of Hydration

A Reason to Season: All About Salt

The Many Questions About Cooking Oils

Dial Up the Flavor & Health: Incorporate More Herbs & Spices

The Power of Yum! (FASS™)

A Taste For Vegetables: Your Guide To Falling in Love

Cooking for One

4 Legs of the Stool: Your PhD in Healing

Fighting Cancer with Food with Food

Cool that Fire: Inflammation

Getting Back to Your Roots

You Can Begin at Any Moment

You are Not Being Chased by a Saber-Toothed Tiger

Sustainable Nourishment: When a Health Crisis Can Bring Joy

Get Ready Get Set to be Empowered

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